



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Nachtigall, Heike

Club: Stadt Bochum Walking-Team

Number: 1167

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:28:02

Speed: 6.82 km/h

metres in height up: 135

Course score: 12.03

performance score: 82 Points